



OWNER'S MANUAL

SM9.3P, SM9.3HR, SM9.3AB, SM9.3HRAB, SM9.3ST, SM9.3HRST

treadmillbynet.com

advancedfitness.com

And other Internet Web sites authorized

By internetfitness.com

The Fitness Superstores

SALES: (888) 9TREADS

(888) 987-3237

SERVICE: (888) 340-0482

SMOOTH is a registered trademark of

Internetfitness.com

Mt. Laurel, NJ

TABLE OF CONTENTS



Table of Contents	2
Model Name Descriptions	3
Model Specifications	4
Important Safety Information	5
Before You Start	6
Warm Up Exercises	7
Assembly Instructions	8
Assembly Instructions Diagram	9
Power Requirements	10
Console Functions and Descriptions 9.3P, 9.3ST	11
Console Functions and Descriptions 9.3HR, 9.3HRAB, and 9.3HRST	12
Console Functions and Descriptions SM9.3AB	13
Quick Reference Operating Instructions	14
Manual Program Operating Instructions	15
Pre-set Program Operating Instructions	16
Pre-Set Program Profiles and Descriptions	17
Pre-Set Program Levels: Default Values	18
User Program Operating Instructions	19
Heart Rate Interactive Programming Introduction and Program Overview	20
Heart Rate Interactive Programming: How it Works	21
Target Heart Rate Programs Operating Instructions	22, 23
Interval Training	24, 25, 26
Target Heart Rate Chart	27
Belt Adjustments and Tension	28
Maintenance Instructions	29
Troubleshooting Guide	30
Warranty and Registration	31

MODEL NAME DESCRIPTIONS



Product Name Definitions

Each Smooth treadmill has a model name and unique serial number. The serial number label is located on the front of the treadmill frame below the motor hood cover.

Model name sample: SM9.3HRAB This model name is a Smooth 9.3 treadmill with Heart Rate Interactive programming and an AeroBelt.

SM—Smooth

9.3—Series number

P— Programmable

HR—Heart Rate Interactive programming

AB—Programmable treadmill with AeroBelt (thicker, shock-absorbing, orthopedic-style belt)

ST—Stretch (extra long deck)

Smooth Treadmill combinations

SM9.3P—Standard 9.3 model with programs

SM9.3HR—Standard 9.3 model with programs and Heart Rate Interactive program

SM9.3AB—Standard 9.3 model with programs and AeroBelt

SM9.3HRAB—Standard 9.3 model with programs, Heart Rate Interactive program, and AeroBelt

SM9.3ST—Stretch 9.3 model with programs

SM9.3HRST—Stretch 9.3 model with programs, Heart Rate Interactive program, and Stretch deck.

IMPORTANT! PLEASE READ!

The serial number label indicates the model of the treadmill. To avoid confusion, the SM9.3HRAB will have the SMOOTH 9.3HR overlay on the console. Refer to the serial number label for proper identification.

There are three (3) console overlays used to make all of the treadmill versions above.

The SMOOTH 9.3P overlay is used for models SM9.3P and SM9.3ST.

The SMOOTH 9.3HR overlay is used for models SM9.3HR, SM9.3HRAB, and SM9.3HRST.

The SMOOTH 9.3AB overlay is used only for the SM9.3AB treadmill.

This manual covers operating instructions for all models shown above.

MODEL SPECIFICATIONS



MODEL	SM9.3P	SM9.3HR	SM9.3AB	SM9.3HRAB	SM9.3ST	SM9.3HRST
Horsepower Continuous	3.0HP Baldor	3.0HP Baldor	3.0HP Baldor	3.0HP Baldor	3.0HP Baldor	3.0HP Baldor
Display	Three Multi-function LED Windows, One Multi-function Dot Matrix	Three Multi-function LED Windows, One Multi-function Dot Matrix	Three Multi-function LED Windows, One Multi-function Dot Matrix	Three Multi-function LED Windows, One Multi-function Dot Matrix	Three Multi-function LED Windows, One Multi-function Dot Matrix	Three Multi-function LED Windows, One Multi-function Dot Matrix
Pre-set Programs	4	4	4	4	4	4
Custom Programs	2	2	2	2	2	2
Heart Rate Interactive	NO	YES	NO	YES	NO	YES
Incline Range	0 to 15%	0 to 15%	0 to 15%	0 to 15%	0 to 15%	0 to 15%
Speed Range	.6 to 12 MPH	.6 to 12 MPH	.6 to 12 MPH	.6 to 12 MPH	.6 to 12 MPH	.6 to 12 MPH
Belt Type	2-Ply	2-Ply	AeroBelt 2-Ply	AeroBelt 2-Ply	2-Ply	2-Ply
Belt Size (Width x Length) in inches	20" x 56.5"	20" x 56.5"	20" x 56.5"	20" x 56.5"	20" x 62.5"	20" x 62.5"
Residential Motor Warranty	10 Years	10 Years	10 Years	10 Years	10 Years	10 Years
Residential Parts Warranty	3 Years	3 Years	3 Years	3 Years	3 Years	3 Years
Residential Frame Warranty	Lifetime	Lifetime	Lifetime	Lifetime	Lifetime	Lifetime
Residential Labor Warranty	1 Year	1 Year	1 Year	1 Year	1 Year	1 Year
Light Institutional Warranty	3 Year Motor, Parts, Frame, 1 Year Labor	3 Year Motor, Parts, Frame, 1 Year Labor	3 Year Motor, Parts, Frame, 1 Year Labor	3 Year Motor, Parts, Frame, 1 Year Labor	3 Year Motor, Parts, Frame, 1 Year Labor	3 Year Motor, Parts, Frame, 1 Year Labor
Width x Length in inches	30" X 70"	30" X 70"	30" X 70"	30" X 70"	30" X 76"	30" X 76"
User Weight	400 lbs.	400 lbs.	400 lbs.	400 lbs.	400 lbs.	400 lbs.

Important Safety Information



- 1) **WARNING:** Before using this treadmill or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
- 2) **WARNING:** To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions *before* operation.

SAFETY PRECAUTIONS AND TIPS

- It is the owner's responsibility to ensure that all users of this treadmill have read the Owner's Manual and are familiar with warnings and safety precautions.
- All treadmills have a user maximum capacity of 400 pounds.
- The treadmill should only be used on a level surface and is intended for indoor use only. The treadmill should not be placed in a garage, patio, or near water and should never be used while you are wet. Smooth recommends a treadmill mat be placed under the treadmill to protect floor or carpet and for easier cleaning.
- Follow safety information in regards to plugging in your treadmill. Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the treadmill with bare feet, sandals, socks or stockings.
- Always straddle the belt and allow it to start moving before stepping onto the belt.
- Hold on to handrails when adjusting speed, incline, or other controls.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Pets should never be allowed near or on the treadmill.
- Do not leave children unsupervised near or on the treadmill.
- Never operate the treadmill where oxygen is being administered, or where aerosol products are being used.
- Never insert any object or body parts into any opening.
- For safety and to prevent damage to your treadmill, no more than one person should use the treadmill at a time.
- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
- Never leave the treadmill unattended while it is running.



Before You Start

Thank you for purchasing a *SMOOTH* treadmill! The premium quality treadmill you have chosen was designed to meet your needs for cardiovascular exercise.

- Before you start, please read the Owner's Manual and become familiar with the operation of your new treadmill.
- **Remember to take the time to perform the stretching exercises prior to using treadmill to avoid injury.**
- Do not stand on the walking belt while pressing the Power button or Start/Stop button.
- Always adjust the speed of the treadmill in small increments as this treadmill is capable of high speeds.
- If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.
- If you have heart problems, you are not active, and/or are over the age of 50 years, do not use the pre-set treadmill programs or start an exercise program without first contacting and receiving approval from your physician.
- To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. The manufacturer recommends a sealed water bottle for beverages consumed while using the treadmill.



EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.



HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.



CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendons, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.





Assembly Instructions

The 9.3 treadmill is shipped in one box with two pieces, the base frame and the upright/console assembly. The following steps should be followed for assembling the treadmill:

Remove any packing materials from the treadmill. Do not throw away any packing materials until assembly is completed. You should find the following:

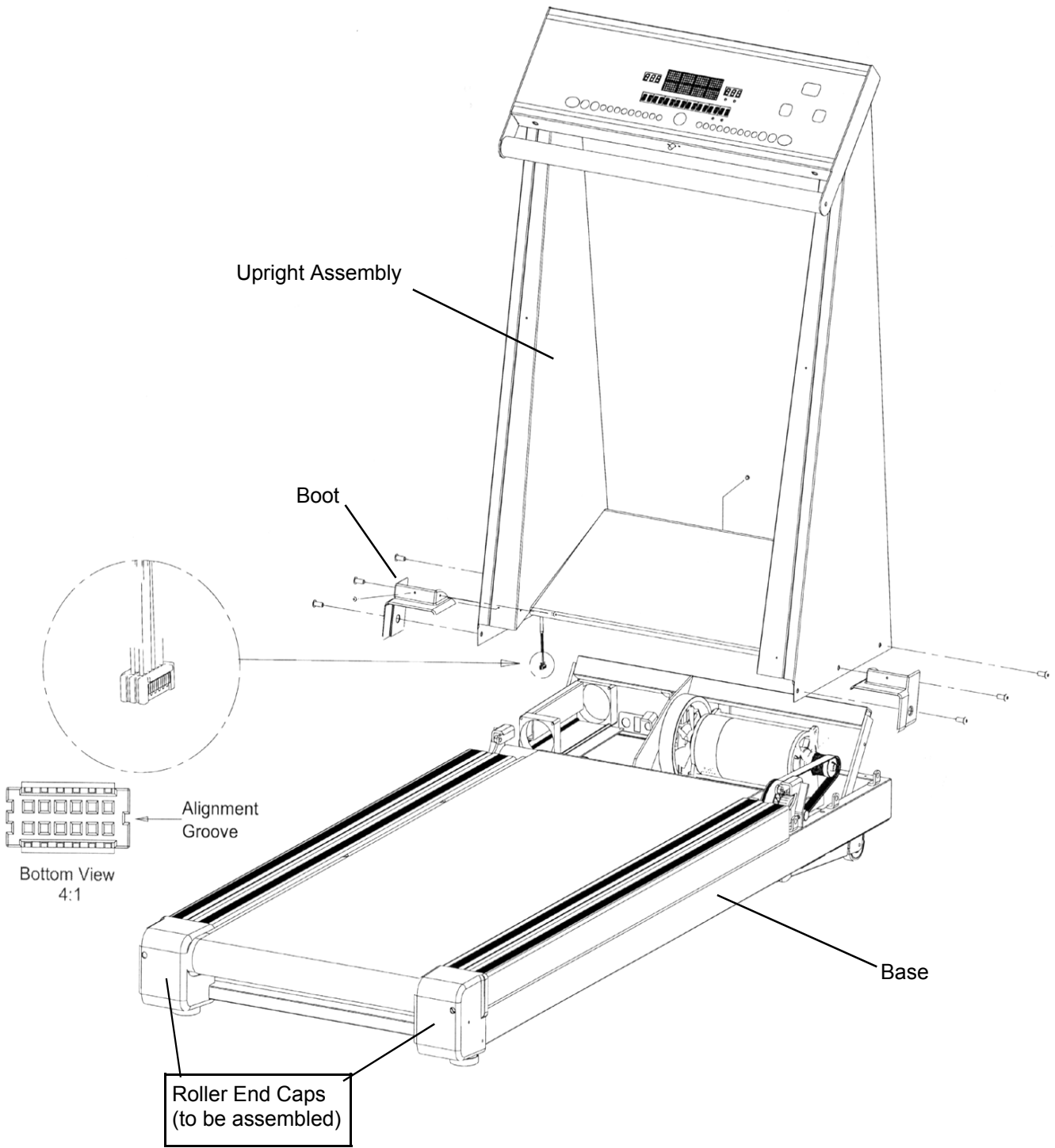
1. Base Frame
2. Double triangular upright assembly with console
3. Two plastic boots to cover gap between upright assembly and base (see Diagram next page). There is one for the left side, and one for the right side.
4. Two plastic roller end caps.
5. Owner's Manual Packet contains:
 - Owner's Manual,
 - Eight pieces: pan head #8 x 3/4" assembly screws for boots and roller end caps
 - Six pieces: #18 x 5/16" x 3/4" Button head bolts for upright/base assembly (3 each side)
 - Two pieces: #8 5/8" Phillips pad head screws for front of upright/base attachment
 - Allen wrench for belt adjustment
 - Plastic Allen wrench holder with tape side (to attach to treadmill frame)
 - Chest Strap Transmitter (for Heart Rate HR models only)

Place the base on a clean, level surface. Make sure the electrical cord will easily reach an electrical outlet. It is recommended to use two people to assemble the upright assembly on to the base frame.

WARNING: Do not plug treadmill in until assembly is complete. Failure to follow this warning could result in electrical shock and/or injury.

1. Before beginning, read all instructions before starting and become familiar with the parts. In addition, look at the motor controller circuit board on the base and find the slot where the wire harness plugs in before beginning.
2. Have one person lift the upright assembly.
3. Have the other person find the wire harness exiting from the left upright. Plug wire harness into motor controller circuit board. (See Diagram next page).
4. Slowly lower the upright assembly on to the base while aligning up the bolt holes.
5. Install upright / base bolts loosely using #18 x 5/16" x 3/4" Button head bolts (3 each side).
6. Install the plastic boots to cover gaps between upright assembly and base with #8 x 3/4" pan head screws (see Diagram next page).
7. Install plastic roller end caps with #8 x 3/4" pan head screws (see diagram for orientation).
8. Securely tighten all bolts and screws.
9. Assembly is now complete.
10. Be sure that the treadmill is level to the floor. The rear feet can be adjusted to level the treadmill. Assembly is now complete!

Assembly Instructions—Diagram





Power Requirements

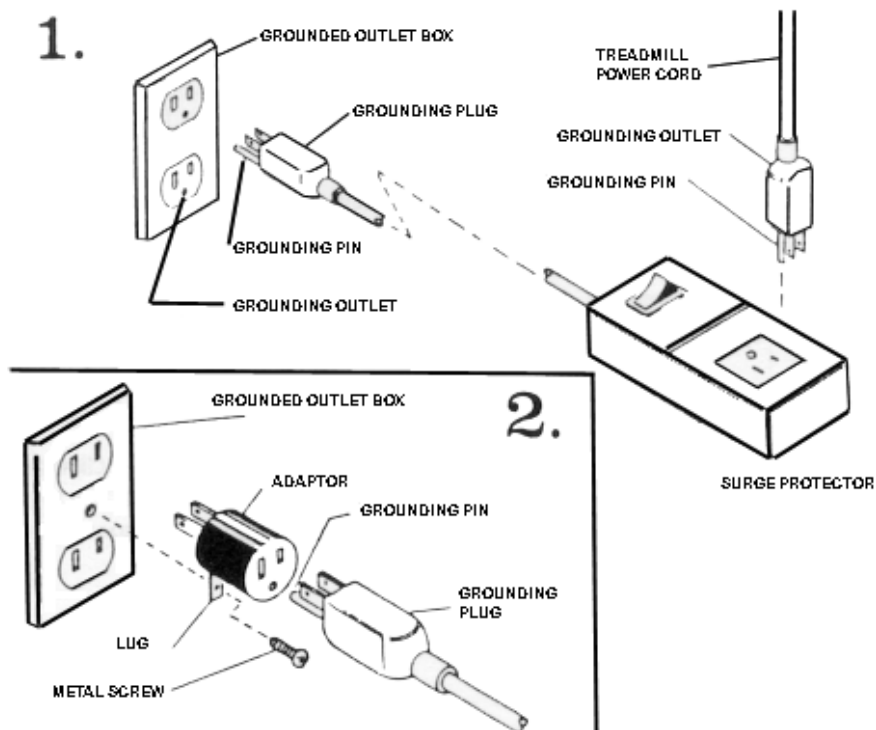
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDING. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET, HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges, and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating of 120VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill comes with an electrical cord having an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing (1) below.



Console Functions and Descriptions, Smooth Models 9.3P, 9.3ST



INFORMATION CENTER:
(Long rectangular box near bottom of console). Provides instructions prior to starting. After starting, indicates Grade, Time, Speed or Pace.

PROGRAMS:
Button scrolls between 4 pre-set and 3 user programs.

SPEED:
Indicates miles per hour starting at .6 MPH up to 12.0 MPH in .1 MPH increments.

DOT MATRIX:
In manual mode, indicates Lap Counter in 1/4 mile increments. In program mode, indicates progress of program as a blinking diode and shows program profile.

PROGRAM LEVEL:
Scrolls 1-9 program levels, where 1 is the easiest, and 9 is the most difficult.

PACE:
Indicates amount of time required to complete 1 mile at current speed.

TIME:
Indicates elapsed time after pressing "Start Reset" in minutes and seconds (0-99 minutes, 0-59 seconds).

GRADE:
Indicates incline in percent of grade, starting at 0% up to 15%, in .5% increments.

GRADE:
Indicates incline in percent of grade, starting at 0% up to 15%, in .5% increments.

WINDOWS

DISTANCE:
Indicates miles traveled in .01 mile increments up to 9.99 and .1 mile increments above 10 miles. Countdown function available, see programming section.

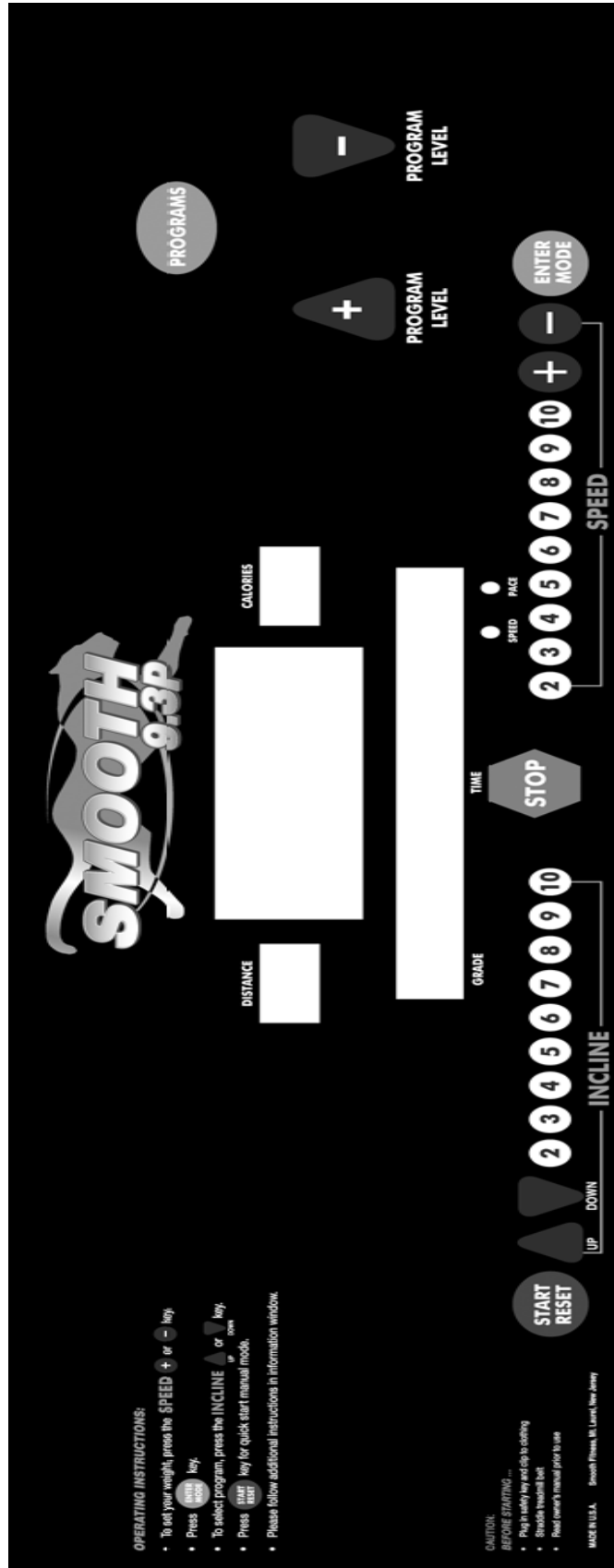
OPERATING INSTRUCTIONS:

- To set your weight, press the **SPEED +** or **-** key.
- Press **START RESET** key.
- To select program, press the **INCLINE** **▲** or **▼** key.
- Press **START RESET** key for quick start manual mode.
- Please follow additional instructions in information window.

CAUTION:

- BEFORE STARTING ...**
- Plug in safety key and clip to clothing.
 - Straddle treadmill belt.
 - Read owner's manual prior to use.

MADE IN U.S.A. Smooth Fitness, 65 Level, New Jersey



START/RESET:
Starts the treadmill belt in motion after a 3-second delay. For the Reset function, hold the button down for 3 seconds to reset Time, Distance, and Calories.

UP/DOWN:
Adjusts the percent grade during programming or during use. Also can be used during programming to scroll through programs.

INCLINE 2-10:
One touch incline buttons to change percent grade from 2% to 10%. For incline greater than 10%, use the UP button.

STOP:
Stops the motion of the treadmill at any point during a workout. Also used as a **Pause** function, retaining information in all windows unless safety key is removed. If held for 5 seconds, will **Reset** all functions to "0".

SPEED 2-10:
One touch speed buttons to change MPH in 1 MPH increments from 2 MPH to 10 MPH. For speed greater than 10 MPH, use the Speed + button.

SPEED + - (plus/minus):
Adjusts the speed in .1 MPH increments during programming or during use. Also used to enter Weight, to set Time to countdown, and

ENTER/MODE:
Used to enter Weight, and to enter Time and Distance countdown parameters. During operation, **Mode** will toggle between **Speed** and **Pace**.

Console Functions and Descriptions

Smooth Models 9.3HR, 9.3HRAB, 9.3HRST



INFORMATION CENTER:
(Long rectangular box near bottom of console). Provides instructions prior to starting. After starting, indicates Grade, Time, Speed or Pace.

SPEED:
Indicates miles per hour starting at .6 MPH up to 12.0 MPH in .1 MPH increments.

PACE:
Indicates amount of time required to complete 1 mile at current speed.

PROGRAMS:
Button scrolls between 4 pre-set and 3 user programs.

PROGRAM LEVEL:
Scrolls 1-9 program levels, where 1 is the easiest, and 9 is the most difficult.

HEART RATE TARGET UP + / DOWN - :
Used to Select Heart Rate Target

TIME:
Indicates elapsed time after pressing "Start Reset" in minutes and seconds (0-99 minutes, 0-59 seconds).

HEART RATE MODE:
Used to Select Heart Rate Programs

GRADE:
Indicates incline in percent of grade, starting at 0% up to 15%, in .5% increments.

WINDOWS

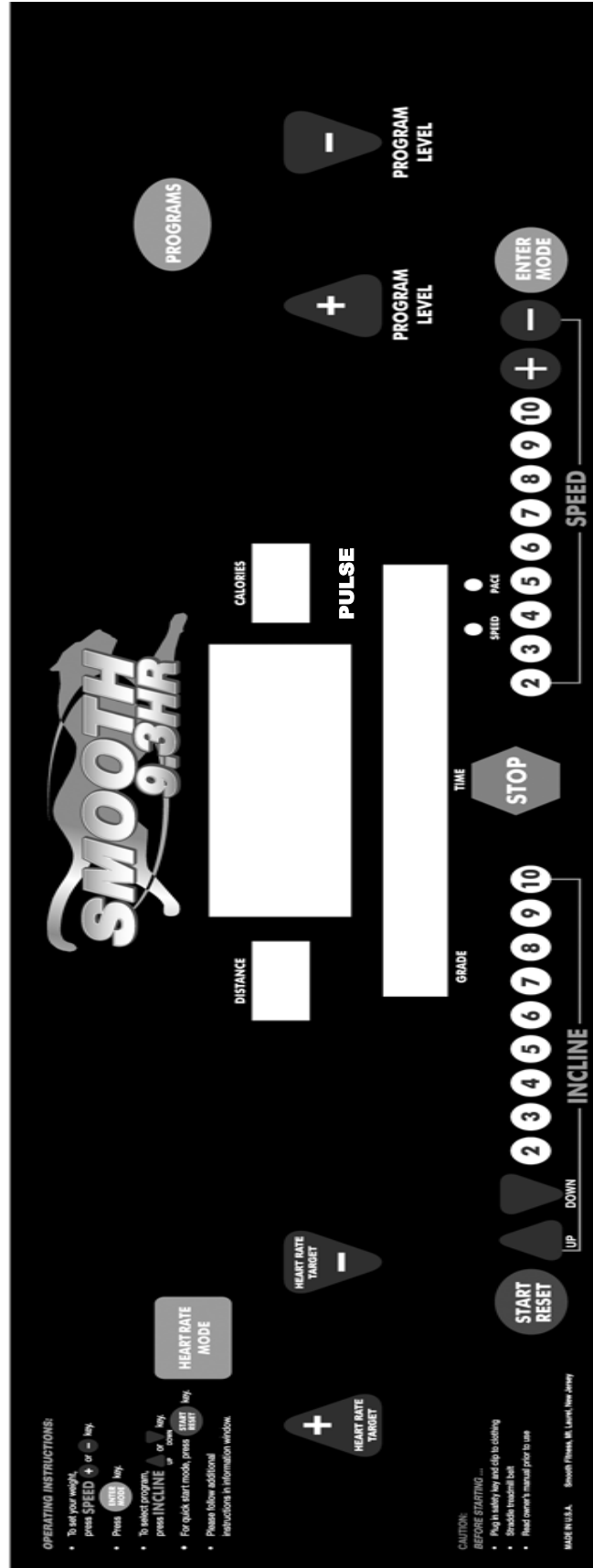
DISTANCE:
Indicates miles traveled in .01 mile increments up to 9.99, and .1 mile increments above 10 miles. Countdown function available, see programming section.

OPERATING INSTRUCTIONS:

- To set your weight, press **SPEED +** or **-** key.
- Press **STOP** key.
- To select program, press **INCLINE UP** or **DOWN** key.
- For quick start mode, press **START RESET** key.
- Please follow additional instructions in information window.

- CAUTION:**
BEFORE STARTING ...
- Plug in safety key and clip to clothing.
 - Straddle treadmill belt.
 - Read owner's manual prior to use.

MADE IN U.S.A. Smooth Fitness, Inc., Lovell, New Jersey



START/RESET:
Starts the treadmill belt in motion after a 3-second delay. For the Reset function, hold the button down for 3 seconds to reset Time, Distance, and Calories.

UP/DOWN:
Adjusts the percent grade during programming or during use. Also can be used during programming to scroll through programs.

INCLINE 2-10:
One touch incline buttons to change percent grade from 2% to 10%. For incline greater than 10%, use the UP button.

STOP:
Stops the motion of the treadmill at any point during a workout. Also used as a **Pause** function, retaining information in all windows unless safety key is removed. If held for 5 seconds, will **Reset** all functions to "0".

SPEED 2-10:
One touch speed buttons to change MPH in 1 MPH increments from 2 MPH to 10 MPH. For speed greater than 10 MPH, use the Speed + button.

SPEED + - (plus/minus):
Adjusts the speed in .1 MPH increments during programming or during use. Also used to enter Weight, to set Time to countdown, and

ENTER/MODE:
Used to enter Weight, and to enter Time and Distance countdown parameters. During operation, **Mode** will toggle between **Speed** and **Pace**.

Console Functions and Descriptions

Smooth Model SM9.2AB only



INFORMATION CENTER:
(Long rectangular box near bottom of console). Provides instructions prior to starting. After starting, indicates Grade, Time, Speed or Pace.

PROGRAMS:
Button scrolls between 4 pre-set and 3 user programs.

PROGRAM LEVEL:
Scrolls 1-9 program levels, where 1 is the easiest, and 9 is the most difficult.

SPEED:
Indicates miles per hour starting at .6 MPH up to 12.0 MPH in .1 MPH increments.

PACE:
Indicates amount of time required to complete 1 mile at current speed.

DOT MATRIX:
In manual mode, indicates Lap Counter in 1/4 mile increments. In program mode, indicates progress of program as a blinking diode and shows program profile.

TIME:
Indicates elapsed time after pressing "Start Reset" in minutes and seconds (0-99 minutes, 0-59 seconds).

GRADE:
Indicates incline in percent of grade, starting at 0% up to 15%, in .5% increments.

WINDOWS

DISTANCE:
Indicates miles traveled in .01 mile increments up to 9.99, and .1 mile increments above 10 miles. Countdown function available, see programming section.

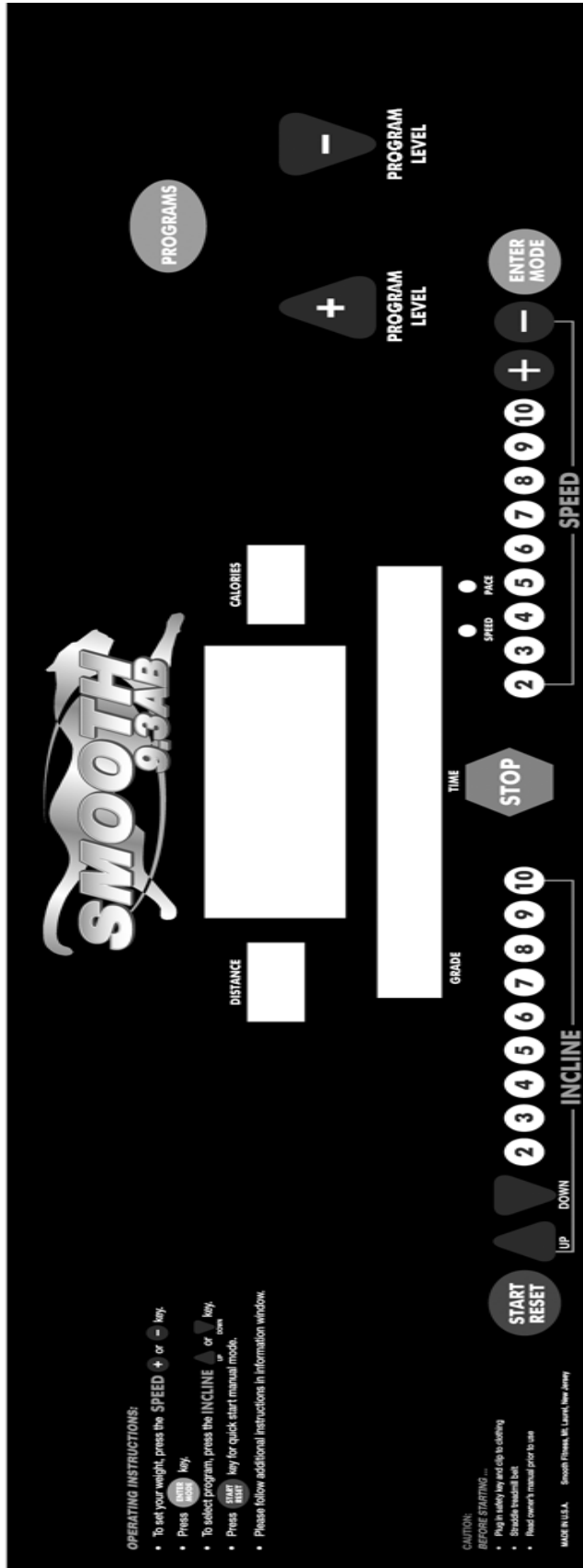
OPERATING INSTRUCTIONS:

- To set your weight, press the **SPEED** + or - key.
- Press **START/RESET** key.
- To select program, press the **INCLINE** ▲ or ▼ key.
- Press **START/RESET** key for quick start manual mode.
- Please follow additional instructions in information window.

CAUTION:

- BEFORE STARTING ...**
- Plug in safety key and clip to clothing.
 - Straddle treadmill belt.
 - Read owner's manual prior to use.

MADE IN U.S.A. Smooth Fitness, Mt. Laurel, New Jersey



START/RESET:
Starts the treadmill belt in motion after a 3-second delay. For the Reset function, hold the button down for 3 seconds to reset Time, Distance, and Calories.

UP/DOWN:
Adjusts the percent grade during programming or during use. Also can be used during programming to scroll through programs.

INCLINE 2-10:
One touch incline buttons to change percent grade from 2% to 10%. For incline greater than 10%, use the UP button.

STOP:
Stops the motion of the treadmill at any point during a workout. Also used as a **Pause** function, retaining information in all windows unless safety key is removed. If held for 5 seconds, will **Reset** all functions to "0".

SPEED 2-10:
One touch speed buttons to change MPH in 1 MPH increments from 2 MPH to 10 MPH. For speed greater than 10 MPH, use the Speed + button.

SPEED + - (plus/minus):
Adjusts the speed in .1 MPH increments during programming or during use. Also used to enter Weight, to set Time to countdown, and

ENTER/MODE:
Used to enter Weight, and to enter Time and Distance countdown parameters. During operation, **Mode** will toggle between **Speed** and **Pace**.

Quick Reference Operating Instructions



The following Quick Reference is a simple overview of basic operating instructions in MANUAL and PROGRAMMING modes of your Smooth treadmill.

For more detailed information and operating instructions, see topics later in this manual for MANUAL, PRE-SET, USER, and HEART RATE INTERACTIVE programming options.

BASICS

- Straddle belt
- Insert Safety Key and attach to clothing

QUICK START IN MANUAL MODE ONLY:

- Press the START/RESET button
- Adjust Speed using the Speed “+” or “-” buttons, or use the Speed One Touch buttons labeled 2—10
- Adjust Incline using the Incline “+” or “-” buttons, or use the Incline One Touch buttons labeled 2—10

PRE-SET PROGRAMS:

- Set Weight using the Speed “+” or “-” buttons
- Press the ENTER/MODE button
- Scroll to the desired program using the PROGRAM button, or scroll using the INCLINE UP or DOWN buttons
- Set Program Level Using PROGRAM LEVEL “+” or “-” buttons
- Press ENTER/MODE button to enter the program
- Set the Time using the SPEED “+” or “-” buttons (15:00 to 99:00 minutes)
- Press ENTER/MODE button to enter the program time
- Press the START/RESET button to begin

TO END WORKOUT:

- Slow the treadmill to 2 MPH or below using the Speed “-” button, or the Speed One Touch “2” button
- Press the STOP button

TO PAUSE WORKOUT:

- Slow the treadmill to 2 MPH or below using the Speed “-” button, or the Speed One Touch “2” button
- Press the STOP button to Pause

Manual Operating Instructions



BASICS

Straddle belt

Insert Safety Key and attach to clothing

QUICK START IN MANUAL MODE ONLY:

- Press the START/RESET button
- Adjust Speed using the Speed “+” or “-” buttons, or use the Speed One Touch buttons labeled 2—10
- Adjust Incline using the Incline “+” or “-” buttons, or use the Incline One Touch buttons labeled 2—10

BASIC START-UP

- Plug treadmill into a grounded 110 VAC outlet. Be sure the power cord does not interfere with the incline mechanism rollers below the motor housing.
- Step onto the treadmill.
- Straddle the treadmill belt.
- Insert the Safety Key into the center of the console behind the handlebar.

Warning: When the Safety Key is inserted, the treadmill will return to 0% incline. Please keep the area under the treadmill free of obstructions.

- Connect the other end (clothing clip) of the Safety Key to your clothing about waist high. Do not operate treadmill without the Safety Key attached to your clothing.

The Information window will read the following:

ADJUST WEIGHT + -

PRESS MODE

PRESS START

The DOT MATRIX window will read out the last entered weight. Use the Speed “+ -” buttons to change to the desired weight and press ENTER/MODE.

MANUAL MODE

The Information window will now read:

MANUAL

EDIT - MODE

NEXT UP/DOWN

PRESS START

Press the START/RESET button to start the treadmill belt moving.

- Hold the handlebar and carefully step onto the treadmill belt and begin walking. Warning: It is not recommended to exceed 2.0 mph when getting started on your workout.
- Speed and Incline grade may be adjusted anytime by using the Speed “+ -” buttons or One Touch “2 through 10” buttons for Speed, and the “Up and Down” buttons or the One Touch “2 through 10” buttons for Incline.
- **To stop or pause your workout:** Slow the treadmill belt to 2 MPH or below by using the Speed “-” button, then Press STOP. This will stop the treadmill belt and retain all workout information.
- **To reset distance, time, and calories:** During use: Press and hold START/RESET approximately 5 seconds or until zeros appear in the distance, calories, and information window for time. To reset when not in use, press and hold the STOP button for 5 seconds.
- **Countdown Feature for time and distance:** After enter weight with ENTER/MODE button, the message will read:

ADJUST TIME + -

NEXT ENTER

ADJ DISTANCE

NEXT ENTER

PRESS START

The Dot Matrix window show time. Adjust time using the “+ -” Speed buttons, then press ENTER. The Dot Matrix window will now show distance. Adjust distance using the “+ -” Speed buttons. Press start to begin countdown.

Note: Once the elapsed time or distance has been reached (countdown to zero), the function will begin counting up.



Pre-set Program Operating Instructions

BASIC START-UP

- Plug treadmill into a grounded 110 VAC outlet. Be sure the power cord does not interfere with the incline mechanism rollers below the motor housing.
- Step onto the treadmill and Straddle the treadmill belt.
- Insert the Safety Key into the center of the console behind the handlebar.

Warning: When the Safety Key is inserted, the treadmill will return to 0% incline. Please keep the area under the treadmill free of obstructions.

- Connect the other end (clothing clip) of the Safety Key to your clothing about waist high. Do not operate treadmill without the Safety Key attached to your clothing.

The Information window will read the following:

ADJUST WEIGHT + -

PRESS MODE

PRESS START

The DOT MATRIX window will read out the last entered weight. Use the Speed "+ -" buttons to change weight and press ENTER/MODE.

PROGRAM MODE

Please review and become familiar with the **Pre-set Program Profiles and the Program Level Default Values** on the following two pages before beginning Program Mode.

The Information window now reads **NEXT UP/DOWN**. To select a program, use the **UP** or **DOWN** incline buttons to select a program, or use the **PROGRAM** button to scroll through the following programs:

MANUAL

HILL INTERVAL

WEIGHT LOSS

CV WORKOUT

SPEED INTERVAL

You do not have to enter the program, just scroll until you see the desired program in the Information window. After selecting program, the Information window will now read:

ADJUST LEVEL + -

NEXT UP/DOWN

PRESS START

Select the Level (shown in the Calorie window) of the program by using the Program Level "+ -" buttons. Press ENTER to select the level. After program and level have been selected, set the program time duration by pressing the SPEED "+ -" buttons to program from 15:00 to 99:00 minutes.

Press the START/RESET button to start the treadmill belt moving.

- Hold the handlebar and carefully step onto the treadmill belt and begin walking. Warning: It is not recommended to exceed 2.0 mph when getting started on your workout.
- Speed and Incline grade may be adjusted anytime by using the Speed "+ -" buttons or One Touch "2 through 10" buttons for Speed, and the "Up and Down" buttons or the One Touch "2 through 10" buttons for Incline.
- **To stop or pause your workout:** Slow the treadmill belt to 2 MPH or below by using the Speed "-" button, then Press STOP. This will stop the treadmill belt and retain all workout information.
- **To reset distance, time, and calories:** During use: Press and hold START/RESET approximately 5 seconds or until zeros appear in the distance, calories, and information window for time. To reset when not in use, press and hold the STOP button for 5 seconds.

To change Level during workout: Use the Program Level "+ -" buttons to select new Level, and Press ENTER.

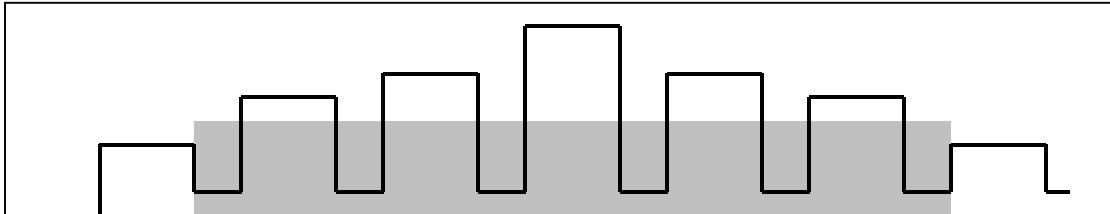
Note: Once the elapsed time has been reached zero, the time will begin counting up. All programs can be set from 15:00 to 99:00 minutes. Default value if no time is entered is 30:00 minutes.

Note: You may change a program while the treadmill is in use by scrolling the PROGRAM button and pressing ENTER. Workout will resume workout from the original time entered.

Pre-set Program Profiles and Descriptions

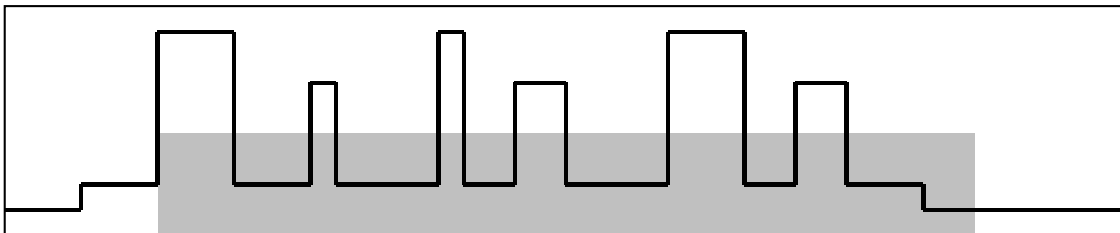


HILL INTERVAL PROGRAM



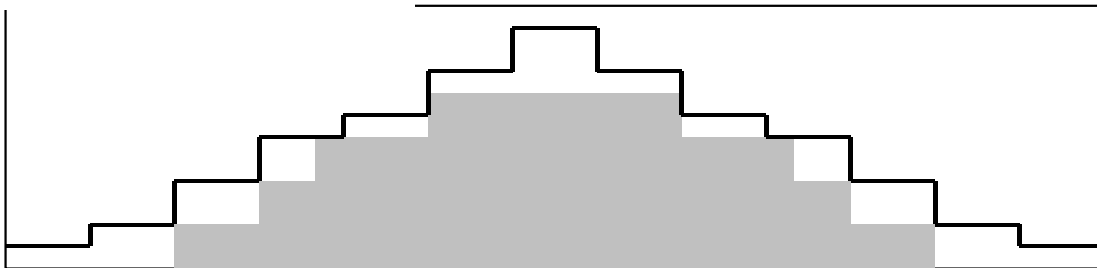
The Hill Interval Program is designed to have a constant speed throughout the entire program while incrementally increasing the incline grade through half of the program, then decreasing the incline grade through the second half of the program. The Shaded Area is the Speed, and the Solid Line is the Incline Grade.

WEIGHT LOSS PROGRAM



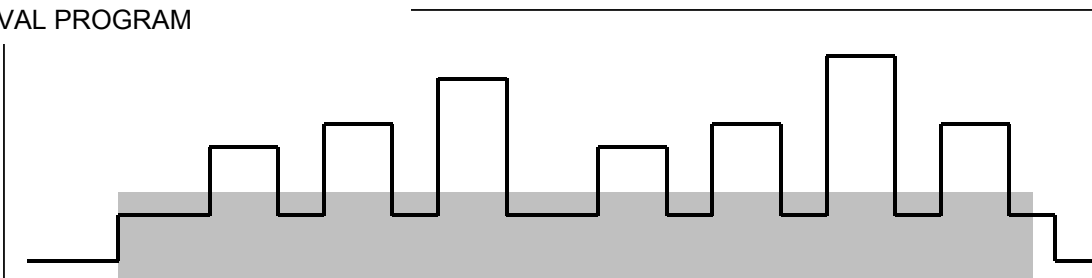
The Weight Loss Program is designed to have a constant speed throughout the entire program while alternating the incline grade throughout the program. The Shaded Area is the Speed, and the Solid Line is the Incline Grade.

CARDIOVASCULAR WORKOUT PROGRAM



The Cardiovascular Workout Program is designed to gradually increase incline grade and speed to a plateau, then to gradually decrease the incline grade and speed. The Shaded Area is the Speed, and the Solid Line is the Incline Grade.

SPEED INTERVAL PROGRAM



The Speed Interval Program is designed to have a constant incline grade throughout the entire program while alternating the speed throughout the program. **PLEASE NOTE:** The Shaded Area is now the Grade, and the Solid Line is the Speed on this program profile pictured above.

Pre-set Program Levels: Default Values



HILL INTERVAL PROGRAM

	SPEED MPH		INCLINE
LEVEL	MAX		MAX
1	2.4		4.0
2	2.8		5.0
3	3.2		6.0
4	3.6		7.0
5	4.2		8.0
6	4.6		9.0
7	5.0		10.0
8	5.4		11.0
9	6.0		12.0

WEIGHT LOSS PROGRAM

	SPEED MPH		INCLINE
LEVEL	MAX		MAX
1	2.6		2.0
2	2.8		3.0
3	3.0		4.0
4	3.2		5.0
5	3.4		6.0
6	3.6		7.0
7	3.8		8.0
8	4.0		9.0
9	4.2		10.0

CARDIOVASCULAR WORKOUT PROGRAM

	SPEED MPH		INCLINE
LEVEL	MAX		MAX
1	2.4		4.0
2	2.8		5.0
3	3.2		6.0
4	3.6		7.0
5	4.2		8.0
6	4.6		9.0
7	5.0		10.0
8	5.4		11.0
9	6.0		12.0

SPEED INTERVAL PROGRAM

	SPEED MPH		INCLINE
LEVEL	MAX		MAX
1	2.4		4.0
2	2.8		5.0
3	3.2		6.0
4	3.6		7.0
5	4.2		8.0
6	4.6		9.0
7	5.0		10.0
8	5.4		11.0
9	6.0		12.0

User Program Operating Instructions



USER PROGRAM MODE

The User Program allows up to 50 changes to be made to speed and/or incline. The treadmill is equipped with 3 User programs. One speed and grade change can be made for every :30 second time block i.e.: (0—:30, :30—1:00, 1:00—1:30, etc.). If you wish your program to end a zero speed, your last :30 second entry should be zero speed when you stop the treadmill.

- **Note:** To insure that you start the program at a desired speed and incline level, there is a 3-second delay after pressing the START button. Within the 3-seconds, press the desired starting speed and starting incline using the One Touch Buttons prior to the belt moving. If this is not done prior to belt movement, the starting speed and incline will default to speed .6 MPH, and 0% grade incline.
- Complete a manually-controlled workout.
- Press STOP.
- Press and Hold the ENTER/MODE until SAVE USER1 appears.
- Press the UP Incline button until USER 1, 2, OR 3 message appears. When you have selected which user file you want to save to, press and hold the ENTER/MODE button SAVE USER 1, 2 OR 3 appears.
- Your user program is now saved.
- **IMPORTANT NOTE:** You must REMOVE THE SAFETY KEY for the information to be entered into the computer, otherwise the user program will not be saved!

Heart Rate Interactive Programming Introduction and Overview (HR models only)



INTRODUCTION

The Smooth Heart Rate Interactive system is designed to maximize your workout by monitoring and adjusting the treadmill incline grade to maintain your target heart rate. Once you enter your individual parameters for target heart rate, time, distance, or maximum incline, the treadmill's computer takes over and automatically changes the incline grade to keep you near your target heart rate.

Warning: Consult your physician to determine your target heart rate.

RECOMMENDATIONS

Before selecting a Heart Rate Interactive program or workout, it is important to use the treadmill several times in Manual mode while monitoring your heart rate. A Heart Rate Chest Strap Transmitter is included with all HR models.

It is suggested for the **Chest Strap Transmitter** that you position the rectangular transmitter as close to your heart as possible, against the skin, 1-2 inches below the pectoral muscles. For best results, moisten the back of the transmitter with saline solution for a better contact. The PULSE diode on the console will blink when the unit is receiving from the Chest Strap Transmitter.

Smooth Heart Rate Programs Overview

There are a total of 14 different Heart Rate Programs, divided into 3 groups, available on the Smooth HR treadmills. The following is a brief description of each the 3 groups.

Group 1—Time Based Target Heart Rate Training

(HR Workouts 1 through 5)

These 5 programs are time based. You may preset your target heart rate, maximum incline, and time of workout. The distance traveled will vary depending on speed.

Group 2—Distance Based Target Heart Rate Training

(2 Mile, 4 Mile, 5K, and 10K)

These 4 programs are distance based. You may

your target heart rate, and maximum incline. The duration of the workout will depend upon your speed.

Group 3—Interval Time Based Target Heart Rate Training

(Interval HR Programs 1 through 5)

Interval heart rate training takes your workout to a new level. This type of training allows you to program periods of rest between periods of work. For each workout, you enter target heart rate, maximum incline, duration of workout, and duration of work and rest intervals. These time based workouts will vary the distance traveled depending upon your speed.

Heart Rate Monitoring Available in all other programs (not interactive)

In addition to the Heart Rate Interactive programs in Groups 1 through 3, all other programs allow heart rate monitoring. Whether you choose Manual, Hill or Speed Intervals, Cardiovascular Workout, or User Programs, the Chest Strap Transmitter will send a signal to allow heart rate monitoring.

How the Heart Rate Interactive System Works: Incline Grade Changes

To increase your heart rate toward your target, the treadmill will gradually increase incline to the maximum you set, in .5% increments.

To decrease your heart rate toward your target, the treadmill will gradually decrease incline to 0%, in .5% increments.

Note: The Heart Rate Interactive programs store your parameters once you have completed a HR program. You do not need to re-enter data. To quick start a previously completed program, insert the Safety Key, select the program, and press START.

Smooth Heart Rate Interactive Programming: How it Works (HR models only)



The Smooth Heart Rate Interactive System is safe and simple and easy to understand. The user first sets the maximum for grade. This allows the user to customize and create a variety of workouts in a safe way. Once the data is entered, along with workout time and target heart rate, the user is ready to start their Heart Rate Interactive workout.

The Heart Rate Interactive System is divided into 3 stages: Warm Up, Heart Rate Interactive, and Cool Down. In the Warm Up stage, the treadmill is basically in manual mode while the user adjusts speed and incline. The user can take as much time during the Warm Up stage to approach their Target Heart Rate. The Warm Up stage ends when the user's pulse or heart rate is within 10 beats of the pre-set target heart rate.

Upon reaching within 10 beats of the pre-set target heart rate, the user now enters the Heart Rate Interactive stage. The treadmill's computer takes over from here, adjusting incline to maintain your heart rate near the target heart rate. To increase your heart rate toward your target, the treadmill will gradually increase incline to the maximum you set, in .5% increments. To decrease your heart rate toward your target, the treadmill will gradually decrease incline to 0%, in .5% increments.



Target Heart Rate Programs Operating Instructions Group 1 and Group 2

(HR models only)

Operating Instructions

- Attach the Heart Rate Chest Strap Transmitter following the directions on page 20.
- Plug treadmill into a grounded 110 VAC outlet. Be sure the power cord does not interfere with the incline mechanism rollers below the motor housing.
- Step onto the treadmill and Straddle the treadmill belt.
- Insert the Safety Key into the center of the console behind the handlebar.

Warning: When the Safety Key is inserted, the treadmill will return to 0% incline. Please keep the area under the treadmill free of obstructions.

- Connect the other end (clothing clip) of the Safety Key to your clothing about waist high. Do not operate treadmill without the Safety Key attached to your clothing.

The Information window will read the following:

**ADJUST WEIGHT + -
PRESS MODE
PRESS START**

The DOT MATRIX window will read out the last entered weight. Use the Speed “+ -” buttons to change weight and press ENTER/MODE.

The Smooth Treadmill Heart Rate Interactive function works three stages:

- 1) Warm Up Stage
- 2) Target Heart Rate Interactive Stage
- 3) Cool Down Stage

TO USE TARGET HEART RATE PROGRAMS

Press the HEART RATE MODE button to scroll to the desired program. The following Group 1 and Group 2 programs can be chosen:

- Group 1 - Time Programs
Target Heart Rate Workouts 1 through 5
- Group 2 - Distance Programs
2 MILE, 4 MILE, 5K, 10K

The Information window will read:

EDIT/ENTER or MODE

NEXT UP/DOWN

PRESS START (only when your ready to begin)

Note: Check the Heart Rate Target in the Calories/Pulse window before beginning a Heart Rate Interactive program.

Press ENTER (MODE) button and the message will read in the Information window:

**ADJUST TARGET + -
NEXT MODE
PRESS START**

Using the Heart Rate Target “+ -” buttons, edit your Target Heart Rate, then Press ENTER.

The Information window will read:

**ADJTIME + -
NEXT MODE
PRESS START**

Using the Speed “+ -” buttons, adjust time, then Press ENTER.

Note: Time is not entered for Group 2 Distance programs 2 Mile, 4 Mile, 5K, 10K.

The Information window will read:

**ADJMXGRADE + -
NEXT MODE
PRESS START**

Using the Speed “+ -” buttons, adjust incline grade. You are now ready to begin your workout. Press START to begin workout.

Note: If you accidentally pressed ENTER again, the Pulse Window will flash. Press START to begin workout.

WARM UP STAGE

The treadmill will operate like it would in MANUAL mode. By controlling speed and incline grade yourself, you allow warm up at your own pace. The incline grade may not exceed your pre-set maximum incline grade set during heart rate programming. Gradually increase the speed or incline grade or both to get within 10 beats of your heart rate target.

(Continued on page 23)



Target Heart Rate Programs Operating Instructions Group 1 and Group 2 (Continued)

(HR models only)

You may use the One Touch Speed and/or Incline buttons to perform the gradual increase.

Note: Warming up too fast may cause you to overshoot your target. If this occurs, it may take several minutes for the computer to start interactivity.

When your heart rate is within 15 beats from the target, the information window will read:

APPROACHING TARGET XXX

Note: If you believe you selected a target too high or too low during warm up stage, press the HEART RATE MODE button and change your target.

HEART RATE INTERACTIVE STAGE

When your heart rate is 10 beats away from target, the information window will read

**BEGINNING
TARGET HR
HANDS FREE**

The computer takes over the treadmill at this point for incline grade. The time window will reset and begin descending from the time you programmed earlier. The treadmill will gradually increase incline grade until you reach your selected target heart rate. When your heart rate is plus or minus 2 beats from your target, the information window will read:

AT TARGET

Note: Do not touch incline grade button before pressing HEART RATE MODE or ENTER first, otherwise the computer will automatically exit you from heart rate interactive mode to cool down stage.

The computer will gradually increase or decrease incline grade to maintain your heart rate target. If your incline grade reaches your pre-set maximums, MAXGRADE will be displayed.

Note: If you need to change your selected target during heart rate interactive stage, press the

HEART RATE MODE button and change your target with the HEART RATE TARGET buttons.

COOL DOWN STAGE

When the time is elapsed and the Heart Rate Interactive stage has completed, the information window will read:

**COOL DOWN
DIST XXX
CALS XXXX
TIME XX:XX
COOL DOWN**

COOL DOWN will remain in the information window to remind you that you are in the cool down mode.

The treadmill will now operate in the manual mode. The time will reset to zero and begin counting up. You will be in control of any speed and incline changes. Spend at least 2 minutes or more, or an equal time to warm up.

Press STOP to finish.

Note: Workout totals of average heart rate, distance, and calories will be displayed at the end of your workout. Each time you press STOP, the information will above will display again.

Interval Target Heart Rate Programming (HR models only)



TO USE INTERVAL TARGET HEART RATE PROGRAMMING

Interval Workouts offer variety and help you attain higher levels of conditioning in a shorter period of time. It is recommended that you do not do an interval workout until you have used your treadmill on a regular basis and have a working knowledge of your target heart rate and condition level.

Operating Instructions

- Attach the Heart Rate Chest Strap Transmitter following the directions above
- Plug treadmill into a grounded 110 VAC outlet. Be sure the power cord does not interfere with the incline mechanism rollers below the motor housing.
- Step onto the treadmill and Straddle the treadmill belt.
- Insert the Safety Key into the center of the console behind the handlebar.

Warning: When the Safety Key is inserted, the treadmill will return to 0% incline. Please keep the area under the treadmill free of obstructions.

- Connect the other end (clothing clip) of the Safety Key to your clothing about waist high. Do not operate treadmill without the Safety Key attached to your clothing.

The Information window will read the following:

ADJUST WEIGHT + -
PRESS MODE
PRESS START

The DOT MATRIX window will read out the last entered weight. Use the Speed "+ -" buttons to change weight and press ENTER/MODE.

TO USE TARGET HEART RATE PROGRAMS

Press the HEART RATE MODE button to scroll to the desired Interval program 1 through 5.

The Information window will read:

EDIT/ENTER or MODE
NEXT UP/DOWN

PRESS START (only when your ready to begin)

Note: Check the Heart Rate Target in the Calories/Pulse window before beginning a Heart Rate Interactive program.

Press ENTER (MODE) button and the message will read in the Information window:

ADJUST TARGET + -
NEXT MODE
PRESS START

Using the Heart Rate Target "+ -" buttons, edit your Target Heart Rate, then Press ENTER.

The Information window will read:

ADJTIME + -
NEXT MODE
PRESS START

Using the Speed "+ -" buttons, adjust time, then Press ENTER.

The Information window will read:

ADJWORK + -
NEXT MODE
PRESS START

Using the Speed "+ -" buttons, adjust your desired work interval time. You may adjust work interval from :30 seconds to 3 minutes in :05 second segments, then Press ENTER.

The Information window will read:

ADJREST + -
NEXT MODE
PRESS START

Using the Speed "+ -" buttons, adjust your desired rest interval time. You may adjust rest interval from :30 seconds to 3 minutes in :05 second segments, then Press ENTER.

The Information window will read:

ADJMXGRADE + -
NEXT MODE
PRESS START

Using the Speed "+ -" buttons, adjust incline

(Continued on page 25)

Interval Target Heart Rate Programming continued

(HR models only)



grade. You are now ready to begin your workout. Press START to begin workout.

Note: If you accidentally pressed ENTER again, the Pulse Window will flash. Press START to begin workout.

The Information window will read:

STARTING3
STARTING2
STARTING1
ADJSPEED + -
ADJGRADE + -
WARM UP
TARGET XXX

WARM UP STAGE

The treadmill will operate like it would in MANUAL mode. By controlling speed and grade yourself, you allow warm up at your own pace. The Grade may not exceed your pre-set maximum grade set during heart rate programming. Gradually increase the speed or incline grade or both to get within 10 beats of your heart rate target.

You may use the One Touch Speed and/or Incline buttons to perform the gradual increase.

Note: Warming up too fast may cause you to overshoot your target. If this occurs, it may take several minutes for the computer to start interactivity.

When your heart rate is within 15 beats from the target, the information window will read:

APPROACHING TARGET XXX

Note: If you believe you selected a target too high or too low during warm up stage, press the HEART RATE MODE button and change your target.

INTERVALHEART RATE INTERACTIVE STAGE

When your heart rate is 10 beats away from tar-

get, the information window will read

BEGINNING
INTERVAL HR
HANDS FREE

The computer takes over the treadmill at this point for grade. The time window will reset and begin descending from the time you programmed earlier. The treadmill will gradually increase incline grade until you reach your selected target heart rate.

Note: Do not touch incline grade button before pressing HEART RATE MODE or ENTER first, otherwise the computer will automatically exit you from heart rate interactive mode to cool down stage.

The computer will gradually increase or decrease incline grade to maintain your heart rate target. If your incline grade reaches your pre-set maximums, MAXGRADE will be displayed.

Note: If you need to change your selected target during heart rate interactive stage, press the HEART RATE MODE button and change your target with the HEART RATE TARGET buttons.

When your heart rate is plus or minus 2 beats from your target, the information window will read:

AT TARGET

The Information window will now read **WORK-INT XX:XX**. Time will decrease from the work interval time you entered. When you reach zero, the information window will read **RESTINT XX:XX**. The time will decrease from the rest interval time you entered.

As your heart rate increases or decreases from your target, the treadmill will automatically make the adjustments in incline grade to keep your heart rate near your target only in the work interval.

When you return to the work interval, your incline grade will return to a calculated average of the grades which were used in previous work in-

(Continued on page 26)

Interval Target Heart Rate Programming continued (HR models only)



tervals. Your grade may increase or decrease while you are in work interval. This averaging allows you to return to a work level which will bring you back near your heart rate target.

To end your workout, press STOP.

COOL DOWN STAGE

When the time is elapsed and the Heart Rate Interactive stage has completed, the information window will read:

COOL DOWN

DIST XXX

CALS XXXX

TIME XX:XX

COOL DOWN

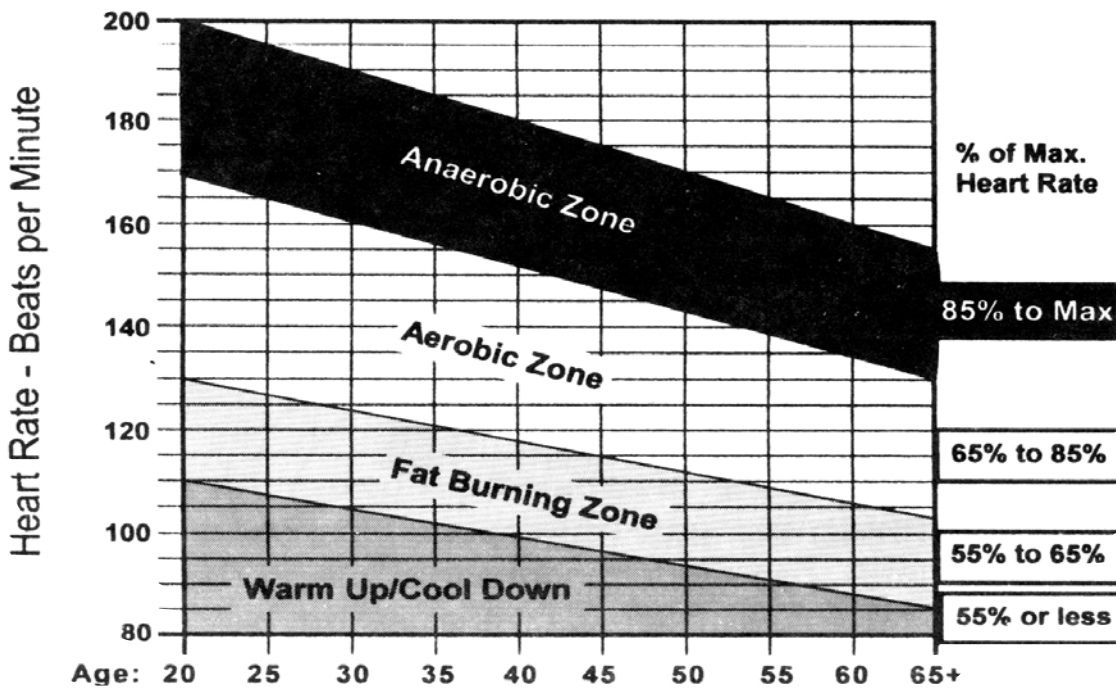
COOL DOWN will remain in the information window to remind you that you are in the cool down mode.

The treadmill will now operate in the manual mode. The time will reset to zero and begin counting up. You will be in control of any speed and incline changes. Spend at least 2 minutes or more, or an equal time to warm up.

Press STOP to finish.

Note: Workout totals of average heart rate, distance, and calories will be displayed at the end of your workout. Each time you press STOP, the information will above will display again.

EXERCISE TARGET ZONE CHART



WARNING!

DO NOT USE THE HEART RATE INTERACTIVE PROGRAM PRIOR TO AUTHORIZATION FROM YOUR PHYSICIAN.

- Consult your physician for advise before starting any exercise program.
- The chart shown above is only given as a reference for an average person in good health that exercises regularly.
- Please consult with your physician to determine your target heart rate. In addition, let your physician know of any medications you are taking that could effect your exercise stamina and that could effect your heart rate.



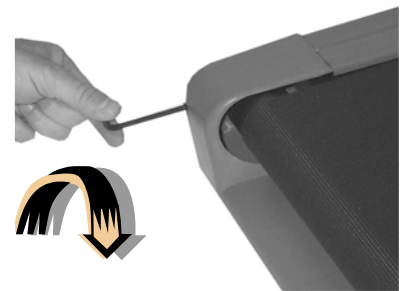
Belt Adjustment and Tension

WARNING! Do not overtighten rollers! This will cause premature roller bearing failure!

Belt adjustment and tension performs two functions: adjustment for tension and centering. Your new treadmill comes pre-adjusted from the factory for tension and centering. Please follow the procedures below if the belt shifts to the left or right or while walking:

WALKING BELT IS SHIFTING TO THE LEFT (Diagram 1)

First, turn treadmill on to run at 1 mph. Using the hex key provided, turn the left rear roller adjustment bolt $\frac{1}{4}$ turn in the clockwise direction. Next, run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking Belt Slipping" instructions.



WALKING BELT IS SHIFTING TO THE RIGHT (Diagram 2)

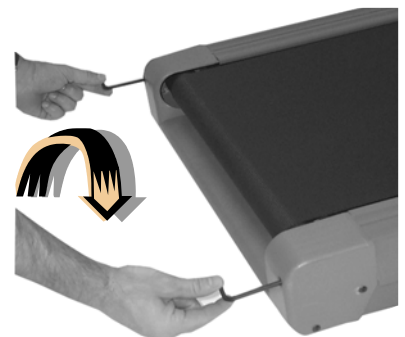
First, turn the treadmill on to run at 1 mph. Using the hex key provided, turn the right rear roller adjustment bolt $\frac{1}{4}$ turn in the clockwise direction. Next, run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking Belt Slipping" instructions.



WALKING BELT IS SLIPPING DURING USE (Diagram 3)

First, unplug the power cord from the surge protector. Using the hex key provided, turn both left and right rear roller adjustment bolts the same distance, usually a $\frac{1}{4}$ turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip.

- ◆ Turning the hex key counter clockwise brings the rear rollers and belt towards you. Turning the hex key clockwise pushes the rear roller and belt away from you.



Maintenance Instructions



WARNING! Before performing any maintenance to your treadmill, always unplug the power cord from the surge protector.

CLEANING

Routine cleaning of your Smooth treadmill will extend the life of your treadmill. **WARNING!** To prevent electrical shock, be sure the power to the treadmill is OFF and the unit unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

AFTER EACH WORKOUT: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. **USE NO CHEMICALS.**

WEEKLY: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance.

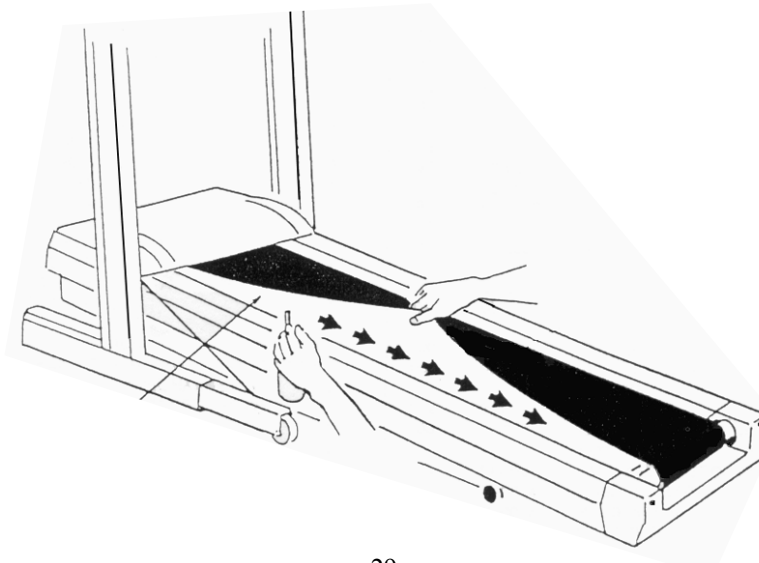
Every 30 days or 30 hours of operation, lift the sides of the walking belt and feel the top surface of the walking board as far under as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Smooth recommends "Lube N Walk" for cleaning and lubricating the treadmill belt and deck. You may also use silicone such as "Napa 8300" (available at most stores).

TO APPLY LUBRICANT TO THE WALKING BOARD

- 1) Position the walking belt so that the seam is located on top and in the center of the center of the walking board.
- 2) Insert the spray nozzle into the spray head of the lubricant can.
- 3) While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
- 4) Allow the silicone to 'set' for one minute before using the treadmill.

WARNING: Do not overlubricate the walking board. Excess lubricant should be wiped off with a clean towel.





Troubleshooting Guide

Treadmill will not start.

- 1) Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet, and the surge protector is turned on. (Refer to "Power Requirements")
- 2) Check the circuit breaker located on the front of the treadmill. If the switch protrudes, it has tripped. Wait five minutes and then press the switch back in.
- 3) Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.
- 4) Have an electrician check for inadequate voltage at the outlet.

Treadmill loses power during use.

- 1) Check the circuit breaker located on the front of the treadmill. If the switch protrudes, it has tripped. Wait five minutes and then press the switch back in.
- 2) Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.

If treadmill still will not operate, please call Technical Service at (888) 340-0482.

Treadmill walking belt slows during use.

- 1) Check to make sure the treadmill is securely plugged into an UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less and the surge protector is securely plugged into the outlet.

If treadmill still will not operate, please call Technical Service at (888) 340-0482.

Treadmill walking belt slips or is not centered on rear roller.

- 1) Refer to "Belt Adjustment and Tension" section.
- 2) Need help? Call Technical Service at (888) 340-0482.

Treadmill Error Messages.

Your treadmill is equipped with a software package that enables error messages to be displayed when there is a problem. **To avoid possible damage to the treadmill and the possibility of injury, do not operate the treadmill until the problem is corrected.**

SMOOTH Treadmills – LIMITED WARRANTY



CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT.

This Limited Warranty applies in the United States to products manufactured or distributed by Smooth Fitness ("Smooth") under the SMOOTH brand name. The RESIDENTIAL warranty period to the original purchaser is (lifetime) on the frame, (10) years on the motor, (3) years on parts, and (1) year labor. This warranty does not cover wear and tear, only manufacturer defects for the periods specified. LIGHT INSTITUTIONAL WARRANTY is limited to specific settings (see below) and includes an original purchaser warranty of (3) years on the Frame, Motor, Parts, and (1) year labor.

Smooth warrants that the Product you have purchased for non-commercial, personal, family, or household use from Smooth or from an authorized Smooth reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts. This Limited Warranty becomes VALID ONLY if the treadmill is purchased from a Smooth Fitness authorized dealer unless otherwise authorized by Smooth Fitness in writing (if anyone other than a Smooth Fitness authorized dealer sells a Smooth Fitness treadmill, the warranty will be void unless accompanied by written authorization by Smooth Fitness).

During the warranty period Smooth will at no additional charge, repair or replace (at Smooth' option) the part or product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal non-commercial, personal, family or household use. In repairing the Product, Smooth may replace defective parts, or at the option of Smooth, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Smooth. Smooth reserves the right to change manufacturers of any part to cover any existing warranty.

To obtain warranty service, you must contact a Smooth authorized service technician or Smooth Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Smooth to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Smooth with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Smooth or from an authorized Smooth reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective: (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Smooth; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Smooth, or an authorized Smooth warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product be submitted for warranty service be found ineligible therefore, an estimate of repair cost will furnished and the repair will be made if requested by you upon Smooth's receipt of payment or acceptable arrangements for payment.

LIGHT INSTITUTIONAL SETTINGS as defined here include hotel, motel, hospital or rehabilitation centers, multi-family dwellings (condominium or apartment complexes), police departments, fire departments, corporate wellness centers and the like. Any setting or application where usage would be more than six (6) hours per day will void the warranty. Health clubs, fitness centers, spas, and the like that have a membership fee are excluded as light-institutional settings, whereas the Product will carry no warranty in these settings. Written authorization from Smooth Fitness must be obtained regarding any other light-institutional uses.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, SMOOTH MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. SMOOTH EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER SMOOTH NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Smooth-branded products. Smooth neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE MAIL WARRANTY CARD TO: SMOOTH FITNESS, PO BOX 551239, DALLAS, TX 75355.

SMOOTH TREADMILL WARRANTY REGISTRATION			TELEPHONE																									
FIRST	M.I.	LAST	<input type="text"/> <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>																									
ADDRESS			APT. NO.																									
<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>			<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>																									
CITY			STATE	ZIP																								
<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>			<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>																								
DATE OF PURCHASE		MODEL NO.		SERIAL NO.																								
<input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/>		SM9.3 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>																								
Name of store or company where purchased: How do you plan to use the treadmill? Walk ___ Run ___ Both ___		Where did you learn about treadmills? TV ___ Radio ___ Friend ___ In Store Display ___ Salesperson ___ Print ad/flyer ___ Internet ___		How important are each feature: <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Least</th> <th style="text-align: center;">Most</th> </tr> </thead> <tbody> <tr> <td>Unique Features</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Horsepower</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Warranty</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Price</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Look/Design</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Folding Feature</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </tbody> </table>			Least	Most	Unique Features	<input type="checkbox"/>	<input type="checkbox"/>	Horsepower	<input type="checkbox"/>	<input type="checkbox"/>	Warranty	<input type="checkbox"/>	<input type="checkbox"/>	Price	<input type="checkbox"/>	<input type="checkbox"/>	Look/Design	<input type="checkbox"/>	<input type="checkbox"/>	Folding Feature	<input type="checkbox"/>	<input type="checkbox"/>	Other Comments: _____ _____ _____	
	Least	Most																										
Unique Features	<input type="checkbox"/>	<input type="checkbox"/>																										
Horsepower	<input type="checkbox"/>	<input type="checkbox"/>																										
Warranty	<input type="checkbox"/>	<input type="checkbox"/>																										
Price	<input type="checkbox"/>	<input type="checkbox"/>																										
Look/Design	<input type="checkbox"/>	<input type="checkbox"/>																										
Folding Feature	<input type="checkbox"/>	<input type="checkbox"/>																										
Who will use the treadmill? Male ___ Female ___ Both ___ How many family members? ___		Why did you purchase a treadmill? Dr.'s Orders ___ Loose Weight ___ In-home convenience ___ Improve Cardiovascular Fitness ___ Safety from outdoors ___ Other _____		Smooth Fitness respects the rights of your privacy. Our company will not sell or distribute to others the information above. This information is used to track our product quality and to contact you in the event of a product safety concern. It may be used to offer you future product offerings only from Smooth. Please check here if wish not to receive any additional information. <input type="checkbox"/>																								
AGE: 15-24 ___ 25-34 ___ 35-44 ___ 45-54 ___ 55-64 ___ 65 + ___																												